

ABSTRACT

BACK GROUND

Minimally invasive plate osteosynthesis(MIPO) an established technique for fixation of fractures of the distal third tibia. Our study aimed to manage fracture distal third tibia by the minimally invasive plate osteosynthesis and follow them prospectively. Clinical and radiological outcomes were studied and clinical indications & efficacy reviewed.

MATERIALS AND METHODS

From Aug 2014 to Jul 2016 Patients included who were admitted and treated **Minimally Invasive Percutaneous Osteosynthesis** for Tibia using anteromedial anatomical locking plate and one third tubular plate, Recon plate for Fibula.

RESULTS

Majority were of A3 type (48%) followed by A1 and A2 type (12% each) followed by C1, C2, C3 and B1. In our study total no of patients 25. According to IOWA score 64% show excellent results, 32% showing good results, 4% show fair results. The time to union was between 16 to 30 weeks. The mean union time was 18.28 weeks. According to Teeny wiss Radiological evaluation 84% shows good anatomic reduction, 12% good results, 4% fair results.

CONCLUSION

- From our study it is further proved that the effectiveness of Minimally invasive plate osteosynthesis as it has given Excellent/Good functional out come in most of our cases.
- Radiological score showed anatomical reduction if Minimally invasive plate osteosynthesis was done along with fibula plating.
- Hence it can be taken as treatment of choice especially in case with displaced intra articular distal tibial fractures.

KEY WORDS

Distal tibial fractures,locking compression plate,

Pilon fractures,Percutaneous plating